

Support and Resources for Special Needs Families in Island County

April 2020



Island County Parent to Parent Newsletter

**All Island County Parent to Parent Activities and Trainings are Cancelled in April & May.
Night to Remember Prom scheduled for May 2nd has been cancelled as well.**

We know it's a weird time (and that's putting it lightly). Many of us are figuring out this new normal. You may be fearful because you are immunocompromised, in a high-risk group or love someone who is. You may be confused by all the media and noise around you. You may be trying to keep your kids occupied while working from home. No matter who you are, you're probably overwhelmed. Remember self care, if and when possible. A couple of deep breaths, maybe a little treat or enjoy a sensory activity to get out of your head.

We want you to know we're in this with you. We're gathering articles, resources, tips and advice from others just like you, lists of activities and everything in between. Follow our Facebook Page for ideas on how to keep the kiddos busy, keep your sanity or resources for your family.

<https://www.facebook.com/islandcountyparent2parent/>



All Parent to Parent activities are cancelled through the end of April but we are still here. Reach out. You're not alone. We are all trying to find out new "normal". There are various ways to reach Parent to Parent is Facebook Message, Call/Text Tiffany (360)632-7539, or email t.wheeler-thompson@islandcountywa.gov

Novel Coronavirus Outbreak (COVID-19)

The Washington State Department of Health has established a call center to address questions from the public. If you have questions about what is happening in Washington, or how the virus is spread, call (800)525-0127. Phone lines are staffed from 6am-10pm seven days a week. Please note that the call center can not access COVID-19 testing results. For testing inquiries or results, contact your health care provider.

Stay up to date with accurate information and resources

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

<https://www.doh.wa.gov/Emergencies/Coronavirus>

Due to the health concerns surrounding COVID-19, Parent to Parent has canceled trainings, events and support groups through May.

ALL MOMS:
WASH YOUR HANDS.
DID YOU WASH YOUR HANDS?
GO BACK AND WASH YOUR HANDS
DID YOU USE SOAP?
GO BACK AND USE SOAP
CDC:
LISTEN TO YOUR MOTHER.

@amybarnescomedy

Indoor Scavenger Hunt

COLLECT ALL OF THE FOLLOWING ITEMS
IN A BAG OR BASKET. CHECK THE BOXES
AS YOU FIND EACH ONE.

- ☐ A TOY WITH WHEELS
- ☐ A BOOK WITH THE FIRST LETTER OF YOUR NAME IN THE TITLE
- ☐ A PAIR OF MATCHING SOCKS
- ☐ 4 THINGS THAT ARE GREEN
- ☐ SOMETHING VERY SOFT
- ☐ A TOY SMALLER THAN YOUR HAND
- ☐ SOMETHING ROUND
- ☐ A BOOK WITH NUMBERS IN IT
- ☐ 5 LEGOS THAT ARE ALL DIFFERENT
- ☐ A PHOTO OF SOMEONE YOU LOVE
- ☐ AN ITEM YOU CAN SEE YOURSELF IN
- ☐ AN ITEM THAT MAKES YOU FEEL COZY
- ☐ A TOY THAT HAS 3 DIFFERENT COLORS
- ☐ A MOVIE THAT HAS "S" IN THE TITLE
- ☐ YOUR SNUGGLIEST STUFFED ANIMAL

Ready for snack? Make sure everything
gets put back where it belongs!

Outdoor Scavenger Hunt

COLLECT ALL OF THE FOLLOWING ITEMS
IN A BAG OR BASKET. CHECK THE BOXES
AS YOU FIND EACH ONE.

- ☐ 5 LEAVES THAT LOOK DIFFERENT
- ☐ A STICK THAT IS LONGER THAN YOUR HAND
- ☐ A ROCK WITH SPOTS ON IT
- ☐ A FLOWER
- ☐ A FLAT ROCK
- ☐ 10 BLADES OF GRASS
- ☐ SOMETHING YOU LOVE TO PLAY WITH
- ☐ A PIECE OF TRASH YOU CAN RECYCLE
- ☐ SOMETHING THAT IS BROWN
- ☐ SOMETHING THAT IS HEAVY
- ☐ SOMETHING THAT IS VERY LIGHT
- ☐ SOMETHING THAT NEEDS SUN TO LIVE
- ☐ AN ITEM SMALLER THAN YOUR THUMB
- ☐ SOMETHING THAT STARTS WITH "M"
- ☐ SOMETHING THAT SMELLS GOOD

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gets put back where it belongs!

- ◇ On our Facebook page, we have listed sensory activities, school spirit days, story times, virtual field trips, and many more activities. <https://www.facebook.com/islandcountyparent2parent/>
- ◇ Sno-Isle Libraries is offering free entertainment, information, learning and more on their website sno-isle.org/
- ◇ One fun idea we heard about Draw a picture or write some notes and mail them to local nursing homes. The residents in these homes are not allowed visitors right now. It could brighten their day. The CDC has stated that the virus germs do not live on paper products very long, if at all, and it is safe to receive mail.

You will need to google these sites since they are not hyperlinks



List of Sites for Families to Use While School is Closed

The Parent's Guide to Google Classroom

Virtual Field Trips	Reading & Writing	Math
<ul style="list-style-type: none"> • VR Field Trips Around the World (all ages) • 33 National Park Tours (all ages) • 30 Virtual Field Trips with Links (all ages) • Discovery Education Virtual Field Trips (all ages) • Panoramas of the World (all ages) • Virtual Tour of the White House (all ages) 	<ul style="list-style-type: none"> • Scholastic Learn-at-Home (PreK-grade 6) • Wonderopolis (Kinder-grade 6) • AWESOME resource of Authors and Illustrators going live! (PreK- grade 8) • Starfall (Kinder -grade 3) • Story Starter (all ages) • Storyline Online (PreK - grade 5) • What's Going on in this Picture? (all ages) 	<ul style="list-style-type: none"> • PBS K-8 Mathematics (Kinder-grade 8) • Greg Tang Math (grade 1-grade 5) • Figure This! (grade 1-grade 6) • Math Game Time (PreK-grade 7) • Math Playground (grade 1-grade 6) • Toy Theater (grade 1-grade 5) • Cool Math Games (grade 1-grade 5) • Math Help (grade 5-grade 12)
Screen-Free Activities	STEAM	Other Stuff
<ul style="list-style-type: none"> • 25 Screen-Free Activities for Kids (preK-elementary) • Homemade Playdough (preK-elementary) • 20 Screen-Free Things to do (all ages) • Picture Scavenger Hunt (preK-elementary) • Non-Screen Activities to do at home (elementary) 	<ul style="list-style-type: none"> • PBS Kids Design Squad (grade 2-grade 8) • 30 Day LEGO Challenge (all ages-everyone likes LEGO, right?) • Engineering Activities (all ages) • Breakout.EDU (Kinder - grade 12) • Make Me Genius (Kinder - grade 7) • Fun and Easy Science Activities (elementary) • Coding (Kinder - grade 12) • Kids Discover (Kinder-grade 8) • Time for Kids (Kinder-grade 6) 	<ul style="list-style-type: none"> • Typing Club (grade 1 and up) • Keep the kids moving with GoNoodle! (preK-elementary) • 150+ Educational Shows on Netflix (all ages) • Free Art Lesson Via FACEBOOK Live everyday at 1:00 pm (all ages) • Kids Podcast with 30 day free trial (preK-elementary) • Art for Kids Hub-Teaches kids how to draw (preK-elementary) • Meditation for Kids (preK-elementary) • Blank Gameboard Template (to make up your own game!) (all ages)



PARENT to PARENT

Island County Parent to Parent
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(360)632-7539 call/text
t.wheeler-thompson@islandcountywa.gov



Check out our website. Archived newsletters and our Special Needs Resource Guide
www.islandcountywa.gov/Humanservices/Pages/Parent-to-Parent.aspx

Like us on Facebook for updates on events and resources in our community.
www.facebook.com/islandcountyparent2parent



As we are all spending more and more time using screens (believe me, no judgement here) here are some apps you will need to be aware of and keep everyone safe.

NINE APPS
PARENTS SHOULD KNOW ABOUT

Courtesy of the Sarasota County Sheriff's Office

- BUMBLE**: BUMBLE is similar to the popular dating app "Tinder" however, it requires women to make the first contact. Kids have been known to use BUMBLE to create fake accounts and falsify their age.
- SNAPCHAT**: SNAPCHAT is one of the most popular apps of 2018. While the app promises users can take a photo/video and it will disappear, recent features including "stories" allows users to view content for up to 24 hours. Snapchat also allows users to see your location.
- KIK**: KIK allows anyone to contact and direct message your child. Kids can bypass traditional text messaging features. KIK gives users unlimited access to anyone, anywhere, anytime.
- LIVEME**: LIVEME is a live-streaming video app that uses geolocation to share videos so users can find out a broadcaster's exact location. Users can earn "coins" as a way to "pay" minors for photos.
- HOLLA**: HOLLA is a self-proclaimed "advertising" video chat app that allows users to meet people all over the world in just seconds. Reviewers say they have been confronted with racial slurs, explicit content, and more.
- WHISPER**: WHISPER is an anonymous social network that promotes sharing secrets with strangers. It also reveals a user's location so people can meet up.
- ASK.FM**: ASK.FM is known for cyber bullying. The app encourages users to allow anonymous people to ask them questions.
- CALCULATOR%**: CALCULATOR% is only one of SEVERAL secret apps used to hide photos, videos, files, and browser history.
- HOT OR NOT**: HOT OR NOT encourages users to rate your profile, check out people in their area, and chat with strangers. The goal of this app is to hook up.

While we are realizing more and more that not all learning comes from a classroom, here are some tasks that will help with life skills. Cooking, Baking, Laundry, Sew a Button, , Deep Clean, Balance A Checkbook, Check Oil in a Car, Vacuum, Dusting, Gardening, Mowing, Putting Away Groceries, Dishes, etc. These can all be broken down into smaller tasks. Start off with one or two directions. Not all has to be done at once. They maybe able to assist rather than take on the whole task themselves. Given the opportunity, many will surprise you.

Is It Bullying?

Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. More info on www.stopbullying.gov/what-is-bullying/index.html

Here is a generalized explanation that may help you explain bullying.

*When someone says or does something unintentionally hurtful and they do it once, that's **RUDE**.

*When someone says or does something intentionally hurtful and they do it once, that's **MEAN**.

When someone says or does something intentionally hurtful and they keep doing it— even when you tell them to stop or show the that you're upset—that's **BULLYING**.